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As I mentioned above, procrastination has so many negative effects. However, some people don’t care much about the procrastination, they think it happens every day and everyone procrastinates in some degree. As a result, it will cause people many problems if they tolerate their procrastination and become a habitual procrastinator like me. If you are a procrastinator, now it’s time to defeat this bad habit by scheduling yourself and live a better life. Otherwise you may feel regret about your procrastination.